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medical authority; in some, short practical suggestions derived from personal experience, and sometimes both; as in cases of insomnia, there is given medical advice and this is followed by original matter as follows: "A walk in the evening or gentle calisthenics may help those of sedentary habits. Bicycle riding and horse-back riding in the evening have helped many."

"The practice of deep breathing will often put persons to sleep when all other devices fail. The lungs are filled to their utmost capacity, and then emptied with equal slowness, repeating the respiration about ten times a minute instead of eighteen or twenty, the natural rate."

Mrs. Allen, while she acknowledges the immense gains that have been made by the cause of the "non-alcoholics," recognizes that there remains a vast deal to be done in conquering the prejudices of the people, and exposing the delusions they entertain with regard to the proportionate good and evil qualities of alcohol. She asks the co-operation of those who are willing to help forward the cause for which she has worked so long and so faithfully.

NURSING IN DISEASES OF THE EYE, EAR, NOSE, AND THROAT. By The Committee on Nurses of the Manhattan Eye, Ear, and Throat Hospital, New York City. Price, \$1.50 net. W. B. Saunders Company, Philadelphia and London.

This book is compiled for the use of nurses who have had general preliminary training in hospitals and training schools of varied standards. The various subjects are treated by members of the hospital staff and the superintendent of nurses, Miss Eugenia Ayers. Members of the staff who contribute are J. Edward Giles, M.D., Arthur B. Duel, M.D., John R. Shannon, M.D., John R. Page, M.D., Herbert B. Wilcox, M.D. It is a 12mo volume of 281 pages and liberally illustrated.

The book is arranged in five parts. The first is devoted to general nursing and covering: "The germ theory of disease; Antiseptics; Disinfection; Sterilization; Preparation for the operating room; The nurse's duties during operations; The nurse's duties in emergencies; The management of troublesome children; The ideal nurse and her conduct in the sick room; The care and feeding of infants." This general overlook of the field of nursing occupies ten chapters and conforms closely to accepted methods having the additional features of special nursing, and some valuable hints on restraining and handling children for examination of eye, ear, throat, etc. The remaining four parts follow in the order of the title of the book. Each subject is treated in

the same order—the anatomy and physiology of each; examination of the organ, diseases, remedies; methods of treatment, complete lists and illustrations of the instruments used, with in every case a diagram of placing of the same on tables, etc., for operation, thus making the book an infallible guide for the nurses of this school at least; possibly other surgeons might require other arrangement.

ELEMENTARY MATERIA MEDICA FOR PUPIL NURSES. By F. W. Scott, Jr., Ph.G., Instructor in Materia Medica, Long Island State Hospital Training School for Nurses.

This is a little volume exceedingly slender in its proportions, and intended to serve as a preliminary to more extensive knowledge of *materia medica*. It is concerned largely with the weights and measures in use in *materia medica*, proportions for solutions, dosage, classification and definition of medical preparations; abbreviations used in prescription writing, prescription writing; followed by an alphabetical list of some of the medicines in ordinary use, with very brief note of their properties, action, and, in the case of poisons, their antidotes.

“DIRECTIONS for living and sleeping in the open air,” is the title of a pamphlet being sent out by the National Association for the Study and Prevention of Tuberculosis to its local representatives in all parts of the United States.

The pamphlet is meant to be a hand-book of information for anybody who desires to sleep out of doors in his own home. It emphasizes the fact that out-door sleeping is as desirable for the well as for sick. The booklet will be sent free of charge to any one applying for it at the headquarters of the National Association for the Study and Prevention of Tuberculosis in New York, or to the secretary of any local or state anti-tuberculosis association.